



## January 2018

Stepping Out-Stepping Up is a monthly, community-oriented newsletter of the Department of Psychiatry published by the Office of Mental Health Promotion.

### Celebrating Dr. King's Legacy

As part of the Department of Psychiatry's efforts to celebrate the legacy of Dr. Martin Luther King, Jr., it collaborated on two activities to commemorate Dr. King. Our MLK Day Grand Rounds event was organized along with the Department of History; Office of the Vice Provost for Faculty Development and Diversity; the Paul M. Schyve, MD, Center for Bioethics; UR Humanities Center; and the UR Press. The other event was a collaboration with local churches and community organizations. Both events echoed Dr. King's mission of working toward equity.



On January 17<sup>th</sup>, the Department welcomed Dr. Dennis Doyle to deliver his talk: "Psychiatry and the Legacy of the Civil Rights Era: Mental Health Care in Harlem, 1936–1968." While we typically don't hear from historians in our Psychiatry Grand Rounds, Dr. Doyle shared a story of how mental health services were

finally brought to Harlem, a large African American neighborhood in New York city, as a result of many years of slow change and events that ultimately allowed a small, multidisciplinary group of clinicians and change agents to enact substantial changes in public policy to alleviate mental health care disparities. The story of how this change came to Harlem was inspirational in that it showed how important changes toward health equity can be achieved through building relationships and teamwork toward social justice. A more intimate brunch and

### Community-Oriented Events

Don't forget to check the calendar for special university sponsored

events: [www.rochester.edu/diversity/eventscalendar/](http://www.rochester.edu/diversity/eventscalendar/)

**The Art and Life of Danny Allen** is a series of four exhibits built around the "It Gets Better" Campaign for youth at risk of suicide February-March 2018. In light of losing this artist to suicide quite early in his life, the organizers have been working with Megan Lytle, Ph.D., Assistant Professor, to coordinate having mental health information and mental health professionals at these events to participate in panel discussions and to offer information as needed. Danny Allen's work will be featured in the [Rochester Contemporary Art Center \(RoCo\)](#), [Gallery Q of the Rochester Out Alliance](#), [Mercer Gallery](#) and [AXOM Gallery and Exhibit Space](#).

**Understanding the Impact of Schizophrenia and Psychosis** will take place on February 12<sup>th</sup> from 7:00 pm to 8:30 pm in Rochester Psychiatric Center Rehab Center Auditorium, located at 1111 Elmwood Ave. Registration Appreciated at 585-325-3145\*100.

### The Opioid Epidemic and Community

**Resources** will be presented by Michael Mendoza and Jennifer Faringer, and will take place on April 9<sup>th</sup> from 7:00 - 8:30 pm in Rochester Psychiatric Center Rehab Center Auditorium, 1111 Elmwood Ave. Registration Appreciated at 585-325-3145\*100.

**Annual Diversity Conference: Overcoming the Invisible** will take place on April 13<sup>th</sup>. with Ana Navarro as the keynote speaker. For more information, visit the [diversity conference page](#). For questions, contact Ashley N. Campbell by phone at (585) 273-4297 or by email at [ashley.n.campbell@rochester.edu](mailto:ashley.n.campbell@rochester.edu).

### Community-Based Participatory Research

**Training** is now available through a [seven-week program](#). The program is free for all participants and an informational dinner is planned from 7 to 8:30 pm Wednesday, January 31<sup>st</sup>, at the Freedom School, 600

book signing were held after his morning Grand Rounds.

Rev. Dr. Walker, impressed by both Dr. Doyle's book and presentation, noted: "Dr. Doyle was very forceful in emphasizing the need for school districts to involve themselves in mental hygiene programs that could benefit an entire school system."

He added: "Being convinced after several years of research for his book, Dr. Doyle based much of his presentation on his discovery of how this issue was both neglected and finally accepted as a major way in treating the behavior of children in Harlem's school system."

As part of a collaboration with Psychiatry and community organizations, several local churches delivered sermons in remembrance of [Dr. King's legacy in](#)

[connection with mental wellness](#) in order to promote mental wellness in Millennial African Americans. Christian Friendship Baptist Church (John Walker) delivered their sermon on January 14<sup>th</sup> followed by Fifteenth Tabernacle Beth El (John S. Martin) on the 20<sup>th</sup>, Prophet's Church (Sabu Mathias) and St. Luke Tabernacle (James Evans) on the 21<sup>st</sup> and Living Word COGIC (Roscoe Lane) and Heavenly Temple Church (James Givens) on January 28<sup>th</sup>.

### **Precious Bedell Receives 2018 Warren J. Ferguson Scholarship**

Precious Bedell is the first person to be awarded the Warren J. Ferguson Scholarship, created to honor its namesake's contributions to the field of criminal justice health.

Ms. Bedell works as a Human Subject Research Coordinator in the Department of Psychiatry, at the University of Rochester with the Women's Initiative Supporting Health, (WISH). WISH is one of 21 clinics of the Transition Clinic Network (TCN) that provides health care to individuals recently released from jails



*From Left to Right: Past President Milton Rokeach, President Thomas F. Pettigrew, SPSSI member Robert Green, Martin Luther King, Jr., and Past President Kenneth Clark.*

#### **MARTIN LUTHER KING Addresses APA Convention**

*It was a grand hour for SPSSI. Dr. Martin Luther King, at the invitation of SPSSI, addressed the largest single au-*

*of leadership skills among Negroes. He asked for realistic estimates concerning what Negroes will be able to achieve*

N. Goodman St. Get more information about the CBPR program from Indrani Singh by phone at (585) 224-3057 or by email at [indrani\\_singh@urmc.rochester.edu](mailto:indrani_singh@urmc.rochester.edu).

#### **Health Happens Where You Live...Did You Know?**

Being kind may have positive effects on one's overall mood. One [study](#) found that people with high levels of social anxiety experienced an increase in positive affect when they performed kind acts over four weeks.

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and prisons. Bedell was certified at City College in San Francisco as a Post Prison Health Worker (PPHW) Certificate, a 21-unit course of study that prepares students to work with formerly incarcerated clients and community members. Currently she is training community health workers with The Health Profession Opportunity Grant with WISH and Action for a Better Community. She is also a doctoral student at The Warner School of Education at the University of Rochester. Her vision is to engage community members in improving their lives spiritually, mentally and physically.

Bedell is devoted to improving the lives of people affected by incarceration. She is a specialist in providing resources and helping those reentering from prisons and jails on how to navigate complex medical, social and reentry services.

Bedell's advocacy and community service is wide-ranging. Among her many efforts is directing Turning Points Resource Center, a nonprofit founded by Bedell that supports the families of those incarcerated, which is a prison ministry at the Episcopal Dioceses of Rochester, NY. She worked on behalf of Rochester's "Ban the Box" campaign, which aims to prevent employment discrimination against those with criminal records. They won the support at the local level. Their advocacy continues for support at the state level.

This has been shortened and slightly edited. The original article can be found [here](#).

### **Poverty and Mental Health**

Dr. Rev. John S. Walker is once again teaching the class "Poverty and Mental Health" in the Office of Mental Health Promotion's Education and Resource Center.

This is Dr. Rev. Walker's second year teaching the course. He will once again discuss PTSD in combat vets; partnering faith with medical/mental health facilities; poverty and mental health issues of post-incarcerates and their families; racial, religious and social consequences of immigration in America and Black music as therapy for the poor and mentally oppressed.

Class has already started but anyone interested in joining for all or part of the class can contact Dr. Rev. Walker at [John.Walker@URMC.Rochester.edu](mailto:John.Walker@URMC.Rochester.edu). Lectures of the previous iteration of the class can be found [here](#).

# RAISING RESILIENCE

..... *summit* .....

The [Raising Resilience Summit](#) was held on Tuesday, January 9<sup>th</sup> and was hosted by The Greater Rochester Initiative for Children's Social and Emotional Health Implementation Task Force (Implementation Task Force) in partnership with local organizations including the Golisano Children's Hospital.

Dr. Michael Scharf, Chief of the Division of Child and Adolescent Psychiatry, was a panelist in the cross-sector discussion: "The Need for Prevention Efforts." He also worked closely on the Commission on Children's Behavioral Health in the Finger Lakes, from which the Implementation Task Force was formed.



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